



SPOKE

A LEARNING NEWSROOM FOR JOURNALISM STUDENTS



Star power

Dancer
Everett Smith
helps charity.
Page 8

MONDAY, OCTOBER 25, 2010

CONESTOGA COLLEGE, KITCHENER, ONT.

WWW.CONESTOGAC.ON.CA/SPOKE

42ND YEAR — NO. 21

It's a race to the Jell-O finish

By ERIN FARRAR

With blindfolds on and plastic spoons ready, students made a big mess in the Sanctuary on Oct. 13 while participating in a green Jell-O eating contest.

The only rules were students could not use their hands to touch their bowls, (only the plastic spoons that were given to them), and had to be blindfolded to make the challenge a bit trickier. Otherwise, students were encouraged to attempt creative ways of finishing their portion first.

Conestoga Students Inc., which held the contest, also offered participants the choice of cherry, orange or blue raspberry Jell-O. Students had some interesting tactics for finishing their gelatin the fastest. Some dug at their bowls with the spoon as fast as they could while

others picked up the bowls with their mouths and tried to drink the watery dessert.

"We're doing a lot of eating contests all year-long," said CSI event co-ordinator Tara Herriot. "CSI thought Jell-O was a fun idea."

Lucky winners had a choice of picking a mystery prize, cash or a signed Alexisonfire T-shirt.

First-year radio broadcasting student Gord St. Denis and winner of the first round was excited about his winnings.

"When I came to the Sanctuary today I didn't know I'd be winning \$50," he said.

Second-round winner Justin Schiek, a first-year machining student, had another reaction prior to his triumph.

"Jell-O sucks going up the nose," he said, looking pained, "but it was totally worth it."



PHOTO BY ERIN FARRAR

Students shovel down Jell-O in an effort to be the first one finished in order to claim a mystery prize. Conestoga Students Inc. held the Jell-O eating contest in the Sanctuary on Oct. 13. For more photos see Page 9.



PHOTO BY LAURA BENNETT

Andrew Potter, back, from left, Bryce Vondervoort and Evan Pasnyk, and front, from left, Nathan Hilliker, Matt Leslie and Laslo Pfefer proudly show off their trebuchet on Oct. 8. The potato launcher was built as a class assignment. This group had to launch rocks because they needed the extra weight.

Engineering students launch potatoes

By LAURA BENNETT

On Oct. 8, Conestoga's mechanical engineering, robotics and automation class had one last project to launch before going home for Thanksgiving weekend.

At noon on the Friday, the second-year students assembled in the farmer's field across from Conestoga College Boulevard to display and fire the potato launchers they had built as an assignment for their problem-solving and design class.

"They had a choice of what type of catapult to make, an air assist or a mechanical launch," said Henry Kastner, the teacher of the course. "I'm marking the students on accuracy, design and creativity."

The mechanical catapults had to hit a 50-metre target while the air-compressed launchers had to hit a 100-metre target. Of the six teams, four catapults were air compressed and two were mechanical.

"Each team member has a role," said Matt Leslie, the team leader for Team Spudnick.

"They are a spokesperson, a time-keeper, a photographer and a person who does the mechanical drawings. But we all worked together to con-

tribute to the project."

"This project involved a lot of teamwork," said Laslo Pfefer, another member of the team. "It took everyone's contribution to reach the goal and everyone's idea helped. Even if we didn't use it, we could work off it."

Combustion and explosives were not allowed and the students were required to find their own materials to build the potato launchers.

"There is no textbook required for this class, so that saves some money for the students," said Kastner.

Team Spudnick made a type of catapult called a trebuchet.

"The reason why our group chose to make a trebuchet was because it was a challenge. We each poured at least 40 hours into our project," said Leslie.

Eventually Team Spudnick had to switch from potatoes to rocks.

"The rocks carry more momentum," said Bryce Vondervoort, another team member.

"Our release mechanism all depends on weight."

The team's trebuchet shot a maximum of 80 metres, and they were within three metres of their 50-metre target. "Wind was a huge factor that day," said Leslie.

Now deep thoughts ... with Conestoga College

Random questions answered by random students

If you could choose, what Disney character would you be?



"I would be Princess Jasmine because she is rich and attractive or I would be Abu."

Jordan Chalmers,
second-year
broadcast-radio

"Trixie the elephant from Toy Story 3 because she is hilarious and so much fun."

Sarah Shaw,
first-year
journalism-print



"I'd be Bambi because he is graceful."

Dalton Raymond,
second-year
police foundations

"I would want to be Jafar because he has his own staff."

Carly Keeler,
second-year
police foundations



"I would want to be Jasmine because she rebels against the normal stuff."

Katherine Hill,
first-year,
BScN

"I would want to be Belle because she is caring and sees the good in others."

Sanja Bamljak,
first-year
BScN



Smile Conestoga, you could be our next respondent!



PHOTO BY LISA OLSEN

Lora Almeida poses for a picture outside of Conestoga's Doon campus on Oct. 6. Almeida is one of 22 students taking the second-year advanced standing bachelor of community and criminal justice program.

New program blends justice and a helping hand

By LISA OLSEN

Conestoga doesn't want its graduates playing good cop/bad cop.

Which is why a new program — launched this fall — was formed. The four-year bachelor of community and criminal justice program delicately balances the two sides of working with people in trouble with the law. Walking a tightrope between social work and law enforcement, the police-minded students learn about mental health issues, and the social work-minded students learn about justice.

This concept, in the after-college world, doesn't always exist.

"In my 30 years' of experience in criminal justice, I was often frustrated by the gulf between those who were involved in enforcement and those that were involved in helping," said Wayne Morris, chair of the program. In the past, Morris worked in corrections, spending years in detention centres and in pro-

bation and parole.

The developers went about the program in an unusual way: by asking employers what they were looking for in the people they hire.

"It was a popular concept, with 240 first-year applicants scrambling for 30 spots."

Travelling to halfway houses and youth centres, the community employers sketched out their ideal employee, and the program was built around it.

"You can only be an effective practitioner if you understand your authorities with the law, but equally as important is to understand the individual with who you are dealing and what has brought them into conflict with the

law," said Marian Evans, coordinator of the program. She added that in many cases, it's abuse, poverty and mental illness at the root of an individual's issues.

The new program is running its first year, as well as an advanced-standing second year for students who have already taken education in a related field and are looking to upgrade to a BA.

And it was a popular concept, with 240 first-year applicants scrambling for 30 spots.

Lora Almeida was accepted into the second year of the program after attending George Brown College, where she took the human services counsellor program. She was happy to see Conestoga instituting the bachelor's program, unsure of what she would do if it wasn't offered here.

"School would have been put off for another year until I could find a school or university that could be helpful to me," she said.

LAST-DITCH EFFORT



©2008 John Kroes

www.lde-online.com

Employment rules push boundaries

By SARA BUSSE

"In your own words, explain diversity."

This is one of the questions Hollister Clothing Co. staff asks potential employees, but Jessica-Lynn Tabak, a second-year journalism student at Conestoga College, laughed at the question.

"Realistically, it's not hard to go to the store and realize that they don't know what the hell diversity means. I think that's a joke!" said Tabak.

In 2008 she and a friend were browsing a Hollister store in The Upper Canada Mall in Newmarket, Ont., when she was approached by a worker who offered her a job.

She was informed that the interview would be in 20 minutes and that there would be a group of about 15 people.

They were told that there were two job titles, the "models" who took their place out on the floor, and all the others who worked in the back. Those in the back never actually appeared in the front of the store.

Tabak said the expectations were insane. They told the group that if they don't look like the people on the company's bags, they wouldn't be hired, and that they had to be good-looking. Once hired, employees were expected to follow a strict "uniform" guide, such as having a "just off the beach look," no unnatural hair colours, no necklaces, only one earring per ear, only mascara and bronzer could be worn but it had to look "natural," and clothing had to be navy and grey, never black.

"I ended up walking out of



PHOTO BY SARA BUSSE

This help wanted sign outside of Hollister in Fairview Park Mall, Kitchener, caused some people to stop and take another look.

the interview and said to the manager, 'I think the expectations you have for this job are unnecessary and rude. I'm not interested in being a part of that,'" said Tabak.

Hollister is set to open a new store in Fairview Park Mall, Kitchener, in November and their help wanted signs saying, "Looking for cool, good-looking people," caused some people to stop and take a second glance.

It's not only Hollister that has strict employment rules. Amanda Baines, a Conestoga College journalism student, wasn't hired by Stitches because the employer didn't think she would fit into their jeans.

After completing an online application Baines was called in for an interview. When she got there the manager told her to leave because she

wouldn't get the job due to her weight.

"She said it wouldn't be conducive to their business," said Baines. "It's pushing the boundaries to say someone can't work there because of their weight or what they look like," she added.

According to a Sept. 26, 2008 article in the St. Louis Business Journal, a lawsuit was filed against Hollister and Abercrombie and Fitch Clothing Co., Hollister's parent company, because they fired an employee who refused to wear a skirt above her knee due to her religious views.

This past month the Hollister store in Fairview mall changed its signs to "outgoing and stylish people."

Repeated attempts to talk to Hollister officials were unsuccessful.

Community Support Connections needs volunteers

By ASHLEY IDLE

Their mission is simple: to enable people to live in their homes with independence and dignity. Their methods are just as simple: help where help is needed.

Community Support Connections; Meals on Wheels and More is an amalgamation of four community programs: Kitchener-Waterloo Friendship Group for Seniors, Meals on Wheels and Community Home Support of Cambridge, Meals on Wheels of Kitchener-Waterloo and RAISE Home Support Service for the elderly. They joined together in May 2008 to provide better services to the people of Waterloo Region.

Rosalind Horne, the agency's volunteer/events coordinator, talked about why she got involved with Community Support Connections. "I worked for Global for a couple of years, and I found that I felt the best when I could use the power of the media to help people." She also said that her media knowledge could be used to help the agency as well as those associated with it.

It's all about helping. Horne is an example of someone who wanted to help. That is what Community Support Connections needs.

"We have a variety of support and services to help senior citizens and adults with disabilities to stay in their houses as long as possible," she said.

It's all about helping.

— Rosalind Horne

There are many ways that students can get involved with Community Support Connections. Some of the programs that can be volunteered for are: Meals on Wheels (delivery), community dining, Sunday visiting, transportation to and from appointments and shopping assistance. There are many more opportunities than those listed, as well as behind-the-scenes work. More can be found out about these positions at www.communitysupportconnections.org.

The most important part of volunteering is that you have a desire to help. What you do doesn't have to be a grand gesture; even shovelling a driveway for someone who can't be of assistance.

For those interested in volunteering, call 519-772-8787 and tell them you want to help. The only credential is that you are willing to assist those in need.

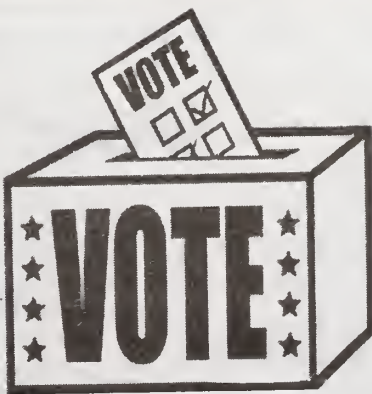
ASK THE PRO HOME RENOVATION SEMINAR OCT. 30



PHOTO BY GERALD UPTON

Rob Gilchrist, co-ordinator of carpentry programs at Conestoga College, shows off a demo roof section. It's one of the props that will be used in a Reno Mark home renovation seminar. The seminar will be held at the Waterloo campus in the roofing centre building on Oct. 30 from 10 a.m. to 2 p.m. For more information go to blogs1.conestogac.on.ca/events/2010/20/renovation-seminar.php

www.yourvote2010.com



A primer on today's municipal election for Conestoga students by Conestoga students

www.yourvote2010.com

It's election day: get out and vote

By JONATHAN CHARLES

At election time, everyone is encouraged to get out and vote. It can't be encouraged enough. Voter turnout for elections is low, but for municipal elections it is downright dismal. Most people don't vote, probably thinking it's unimportant.

With today being municipal election day, you may have noticed the colourful signs along the city streets promoting candidates running in different wards. When you vote, you get to choose who the best candidate for your ward is. These people are running to try and make your city a better place to live. Not only that, but voting is a right of our democracy.

Voter turnout for Kitchener municipal elections has ranged from 21 per cent to 60 per cent according to the City of Kitchener website. Statistics from 2006's municipal election on the Region of Waterloo website show that the turnout was 25 per cent in Kitchener, 28 percent in Waterloo and 26 per cent in Cambridge. Overall, it had about a 27 per cent voter turnout, which is much lower than the turnout for provincial and federal elections.

By voting, you're choosing the people who will make laws and policies and essentially keep your city running. Municipal government is involved in fixing roads, construction, garbage collection, public transit, etc. These are important aspects of a city and can be a mess if they are not properly run. Have a voice in these decisions by voting.

Younger voters have shown the most apathy. Eventually electronic voting may change that, but today, all of us must make more of an effort.

According to The Hamilton Spectator, McMaster University pulled its polling station this year due to voter apathy. In the 2006 municipal elections only 10 votes were cast after two days of enumeration and one day of polling. The City of Hamilton has also dismantled the poll at Mohawk College due to low voter turnout. Part of the problem is many students aren't from the immediate vicinity and, therefore, can't vote in the city they are currently living in.

However, most Conestoga College students live in the area, so they can't use this as an excuse. So, grab two pieces of photo ID and your voter card and head to your polling station. For democracy's sake.

The views herein represent the position of the newspaper, not necessarily the author.

Letters are welcome

Spoke welcomes letters to the editor. Letters should be signed and include the name and telephone number of the writer. Writers will be contacted for verification. No unsigned letters will be published. Letters should be no longer than 500 words. Spoke reserves the right to edit any letter for publication. Address correspondence to: The Editor, Spoke, 299 Doon Valley Dr., Room 1C30, Kitchener, Ont., N2G 4M4



Scientists attach sensors to seals so that they can map the ocean.

Municipal election distracting

Canadian municipalities nationwide are in the midst of their municipal elections. The signs decorate lawns of private citizens and strip malls alike, exhorting us to vote for one municipal candidate or another.

Aside from the mayor position, most of us probably know nothing about any of the other candidates and will probably vote based on which candidate chose which colour for their signs, because that roughly aligns them with a federal or provincial party, right?

I know I probably would. Of course, this is if we bother to vote at all. Municipal elections are traditionally the only level on which voter turnout is less than half the populace. Considering how much (little?) we understand about the candidates this may be a good thing. I'm going to come right out and say it. If you don't understand the issues or the candidates' positions on them, don't bother to vote.

Thankfully, most of us are better versed as we move up the levels of governance. Sadly, this isn't true for cer-



Paul
Irvine
Opinion

tain brands of ideology.

With the municipal elections going on, most of us don't have any room left in our political brains, and so I want to take the time to remind readers of this column about the disastrous job the Stephen Harper Conservatives did over the summer. Do you remember all those months ago? The Conservative party is counting on you forgetting all about it, with there being the risk of an election this fall.

Just to recap, we have the \$1 billion spent on security for the G8 and G20 summits; the \$9 billion Minister of International Trade Stockwell Day promised to fund the construction of new prisons to house imaginary criminals; \$16 billion spent in buying planes from the United States to defend ourselves against the Russians,

I guess; and, of course, the issue that was setting me off all summer long, spending an extra \$30 million to put out a less reliable census, while crowing about how the current census was morally wrong due to putting imaginary Canadians (who did not exist) into prisons for not filling out the mandatory long-form census.

All of this is part of a disturbing trend that is leaking past the 49th parallel from the U.S., where the Tea Party is having a disproportionate effect. The Conservatives have been following a similar track, by repeating the same mis-truths loudly and constantly enough, in the hopes that Canadian citizens will latch on to those ideas, whether there is any truth to them or not.

Thankfully, I believe Canadians are smarter than that, if maybe a little too easily distracted. If an election gets called this fall, I hope that the voters remember what their government has been doing while exaggerating their fiscal responsibility.

SPOKE

IS PUBLISHED AND PRODUCED WEEKLY BY THE JOURNALISM STUDENTS OF CONESTOGA COLLEGE

Editor: Ashley Idle

Advertising Managers: Lisa Olsen and Brittney Belanger

Spoke Online Editors: Paul Irvine, Erin Farrar, Courtney Nixon, Jessica-Lynn Tabak, Nathan Rienstra and Jonathan Charles

Production Managers: Laura Bennett, Sara Busse, Brandon Reoch, Cassandra Bourgeois and Ryan Young

Photo Editors: Emily Gerrett, Kathryn Schnarr, Victoria Spracklin, Gerry Upton, Rob Conte and Thomas Parent

Circulation Manager: Mandy Liverance

Faculty Supervisor and Adviser: Christina Jonas

Spoke's address is 299 Doon Valley Dr., Room 1C30,

Kitchener, Ontario, N2G 4M4.

Phone: 519-748-5220, ext. 3691, 3692, 3693, 3694

Fax: 519-748-3534

Email: spoke@conestogac.on.ca

Website: www.conestogac.on.ca/spoke

Disability Services bridges the gap between students

By VICTORIA SPRACKLIN

Since its inception in August, the bridges volunteer program has been helping to make relationships between students and those with disabilities and unique needs. Amy Baird, resource co-ordinator for disability services, created the program to assist students in making a comfortable transition into college life.

"Basically, you're being trained to have this connection with somebody," said Baird. "You're just somebody to meet up with them ... and help them with getting to know Conestoga College and the services within the college." Ten volunteers have been handpicked, and underwent a series of training to prepare them for their volunteer positions. They were then perfectly matched to two students each, and spend a few hours with them every week.

"We just meet for lunch or coffee or something like that,



PHOTO SUBMITTED

The Bridges Volunteer Program assists students with disabilities, helping them to adjust to college life. The program has 10 volunteers. They are, front row, from left, Sarah Herbert, peer educator, Stephanie Den Haan, Ana Zekanovic and Anuradha Narasimhan. Back row, from right, Sharon Wedderburn, Sarah Kapt, Amy Baird, resource co-ordinator, Daniel Murray, Carly Nicholas, Jackie Holman and Vanessa Marrocco. Absent was Malcom Scott.

and talk about anything for about an hour," said Stephanie Den Haan, a second-year health informatics

management student. She got involved with the program though the job postings online, which also currently offers a

peer educator position.

"It was perfect for me," said Den Haan, who has had volunteer experience in athletics

such as coaching and teaching children to be referees. Not only is volunteer experience very important for this role, but experience with working with special needs is certainly an asset.

"A lot of them have volunteered and it's a wealth of information and education and knowledge that they are bringing to the table," said Baird.

So far the 10 volunteers, who are all current students from varying programs, are enjoying their work. Den Haan, who happens to be a student with a disability, hopes her work will help spread awareness.

"I'm hoping that this program helps provide support for students in knowing that they're not alone. There's a lot of us out there with disabilities," she said.

For those looking to help bridge the gap between students, you can find more information on the website, www.conestogac.on.ca/disabilitysvc/academic/bridges.jsp

Heavy pockets create lighter hearts

By EMILY GERRETT

The spare change of residents at Conestoga Residence and Conference Centre can now change a life for the better. With a United Way fundraiser under way, the small change that lies useless in most people's wallets can now be put toward a good cause, through some friendly floor competition.

Jars with coloured lids matching the different floor sections at residence line the front desk in the main lobby. Residents can deposit their change in the jar that matches their section as they pass by.

"Spare change collection is a good way to encourage residents to donate," said resident adviser Narindath Maraj. "Spare change is something all students have, which makes it easier for them to make continuous donations even if it is spare change."

This drive is more than just a donation, but also a competitive game. Pennies are what are wanted in your jar. Silver coins can be put in any of the competitions' jars. The jar with the most silver will be the "loser," even though in the end, everyone is a winner, as the money goes toward a good cause. The floor with the most copper coins in its jar will win a prize, which has not yet been determined.

"Red team is taking first place, no questions asked," said resident Bryce Vondervoort.



PHOTO BY EMILY GERRETT

Spare change is being collected at the rez for the United Way as part of a fundraising floor competition.

This fundraiser is not only a good way to make students work together with their sections, it is also a good eye-opener for students who have never thought of donating, or want to but just don't know how to do it.

"My hope for this fundraiser/event is to get residents aware of the United Way campaign and its numerous ways of charity and support it brings to the community," Maraj said in an email.

Residence offers many events that give students the opportunity to give back to their community. For those who don't own their own vehicles or just don't have the time to volunteer, these events make donating easy.

"Students should participate in this event because it's for a good cause and it will be beneficial to society which we all live and take part in," Maraj said.

COUNSELLOR'S CORNER: Test Anxiety

Most students experience some anxiety before tests. In fact, a little anxiety increases your alertness and can actually enhance your performance. Anxiety however, can cross the line from being a positive energy to becoming a distressing drain. Often such anxiety has a strong worry component. Do any of these thoughts sound familiar?

Worry about performance:

- I should have studied more.
- I can't remember a thing; this always happens to me.
- My mind goes blank...I'm not cut out for this.
- I have to get an "A".
- I'm going to mess up and look stupid.

Worry about what others are doing:

- Everyone seems to know this stuff but me.
- No one else looks like such a wreck---what a loser!
- Everyone's finished but me---I must be dumb.

Worry about negative consequences:

- What if I fail; I'll fail the course, the program...I'll never make anything of myself!
- I'll never get the job I want.
- I'll never be able to handle college studies.
- I'll have to ace everything else in the course---how can I do that?

Worry about bodily reactions:

- I feel sick---I'll never get through this.
- I'm sweating all over.
- Here it comes again. My hands are shaking; my head aches. Normal people don't do this.
- I feel like I'm going to get sick. Maybe I should leave.



Any of the above worries increase anxiety and actually perpetuate more worry and gives one the sense of losing control. However, as much as anxiety feels out of control, it is in fact, something that we can learn to overcome. There are many effective strategies we can use which will help us reduce our negative thought patterns, reduce the physiological anxiety response, and develop more effective behaviors to avoid falling into the anxiety cycle.

What can you do? There are many things that you can do to overcome your battle with test anxiety. Here are a few on-campus resources:

- Make an appointment with a counsellor in Counselling Services to learn some effective test anxiety reduction strategies;
- Inquire about a Test Anxiety or the Performance Anxiety and/or a Relaxation group for help with the physiological symptoms in Counselling Services;
- Read Edmund Bourne's Anxiety and Phobia Workbook in the LRC.

A Message from Counselling Services, 1A101.

No matter what, Get Him to the Greek

By **ROBERT CONTE**

Movie Review



Sex, drugs and rock and roll — so many of us long for the exciting and glamorous life of rock stars. For Aaron Green, however, life in the music industry is filled with stress and misadventure as he tries desperately to escort half-crazed rock brat Aldos Snow to the Greek Theatre in the hit film *Get Him to the Greek*.

This spin-off of *Forgetting Sarah Marshall* begins with music sensation Aldos Snow (played by comedian Russel Brand) releasing his flop album and accompanying single, *African Child*. Called “the worst thing to happen to Africa since apartheid,” the ignorant and offensive track kills Snow’s career, sending him into a downward spiral of drinking and drug abuse. However, low-level talent scout Aaron Green has not given up on his idol. Played by Jonah Hill, Green proposes to his boss, head of Pinnacle Records Sergio Roma (Puff Daddy or Diddy, whatever he’s calling himself now), that his now broken hero play a 10th anniversary concert at the Greek Theatre. Roma agrees and charges an eager Green with the task of getting the witty and wild Snow from London to the Greek Theatre before showtime.

The simple task of catching

a few flights becomes a hilarious excursion for the young Green and his washed-up singer.

Get Him to the Greek, despite Snow being a completely recycled character and Hill playing that same awkward nerd he’s become known for, is a funny and fresh film very much worth viewing. Brand seems made for his role as a British rock icon and you can’t help but laugh at the antics of Hill as he stumbles through his role as Green.

Rapper Sean “Diddy” Combs delivers a surprisingly good performance as Roma. However, Snow’s musical performances throughout the film quickly lose their humour after *African Child*, though his finale still induced a chuckle. The movie also seemed to run a little long and I found myself wondering when this would all just end. Overall, however, the film takes some hand-me-down characters and cleans them up into something that will have viewers in tears. I give this movie four out of five stars.

A GAGGLE OF GEESE FEEL A TOUCH OF FALL



PHOTO BY RYAN YOUNG

A flock of geese enjoy one of the last warm days of the year on the pond at Conestoga College. The weather this week is supposed to be rainy, with the temperature averaging 12 C.



We may just talk to few, but our words can be heard by many.

The language we use can set the tone for our community.

Thank You for Being the Difference



“Thanks to research funded by the Heart and Stroke Foundation, my heart keeps on ticking — literally.”
— Wendy

EVERY STORY BEGINS WITH A DONATION.

Eight days before Wendy’s first birthday, she had open-heart surgery to repair a narrowing valve. As she grew, so did the number of operations — three so far. Wendy’s mechanical valve ticks like a watch, a constant reminder that she is still alive, thanks to people like you. Your donations continue to fund life-saving research like the kind that saved Wendy. Every story begins with a donation. Learn more at heartandstroke.ca/HELP



A polite Perez?

Perez Hilton, the man who is known for his highly disrespectful celebrity comments, says he has had a personality check and has decided to change his ways.

The controversial gossip blogger approached Ellen DeGeneres' producers saying he would like to appear on the show to make an announcement about his recent change of heart. He said DeGeneres' recent work on bullying motivated him to be kind.

Is this change of heart really coming from the heart? I don't think so.

In his Oct. 13 interview on the Ellen show, Hilton confessed that he wasn't aware people considered him a bully.

How can someone who put years of time and effort into a blog that publishes others' misfortune (whether true or false) not know that he is guilty of bullying?

Labelling a photograph of Christina Aguilera and her husband a fail (meaning, he predicts their marriage won't last), posting a picture taken up Miley Cyrus's skirt and titling a post "heart attack or



Jessica-Lynn
Tabak
Opinion

cold feet?" only two hours after Michael Jackson's cardiac arrest are just a few uncalled for posts that Hilton has shared with the public.

I don't believe Hilton is genuine when he says he is now empathetic toward the people he has ridiculed. His public cry for sympathy is just a strategic publicity stunt to benefit himself.

Now, I'm all for change and I believe that everyone deserves a second chance but after watching the interview on YouTube I didn't buy any of it.

Hilton comes off extremely phoney and insincere, which has resulted in a new, unconvincing blogging character.

A person can only go so far until their real personality comes to the surface.

Let's see if this change of heart results in a whole new Hilton.

SPINNING SPOKES AND TWISTING WHEELS



PHOTO BY ASHLEY IDLE

Nolan Forster, 12, catches some air as he rides his bike down the Freeride track at McLennan Park in Kitchener. The track is open during the biking season to residents who want to show off their BMX and mountain biking talents. The park caters to all levels.

So SEXY it's
SCARY!



STAGSHOP.COM

Kitchener
10 Manitou Dr.
519.895.1228

Cambridge
561 Hespeler Rd.
519.624.9492

Kitchener
30 King St. E
519.593.2303

Waterloo
7 King St. N
519.886.4500

Dancing star shines at fundraiser

By NATHAN RIENSTRA

"Tonight would not have been a success without each and every one of you," said Lynda Bauer to all who attended the third annual Dancing With the Stars fundraiser at St. George Hall in Waterloo. "Through your attendance tonight, you're directly helping people with cancer and the caregivers in our communities."

On the evening of Oct. 15, Bauer, who is the development and communications associate at Waterloo's HopeSpring Cancer Support Centre, welcomed on behalf of HopeSpring all who attended Dancing With the Stars.

HopeSpring, which has been supporting people with cancer since 1995, raises money primarily through corporate and personal donations and third party fundraising.

This particular fundraiser displayed the talent of two vocalists and eight local dance stars from across Waterloo Region. Each dance star was paired with another experienced dancer to compete for the title of Dancing With the Stars champion.

Local dancer Everett Smith, who placed fourth in season two of So You Think You Can Dance Canada, attended as a celebrity judge and guest performer. Smith was pleased to be able to make an appearance at St. George Hall.

It's for a great cause, it's in my local community, and unfortunately I don't get to perform as much as I would like to in my local community," he said. "I'm always performing everywhere else, so being able to be a part of an event like this is a blessing."

According to Bauer, the goal was to raise \$50,000, which was nearly reached with the help of approximately 700 audience members who attended, each who paid \$50 for admission.

What Bauer referred to as this year's "fantastic, sold-out show" with "awesome support from the community" was won by Dr. Janet MacEachern, a local oncologist who performed jive and tango with dance partner Rick Arthur.

HopeSpring hopes there will be a fourth annual Dancing With the Stars event, but whether it occurs will depend on the decisions of next year's committee.



PHOTO BY NATHAN RIENSTRA

Local dancer Everett Smith placed fourth in season two of So You Think You Can Dance Canada. Smith was a celebrity judge for a Dancing With The Stars fundraiser.

SIXTIES POP MUSIC A HIT IN WATERLOO



PHOTO BY JONATHON CHARLES

Members of local Kitchener-Waterloo band, Teen Violence, perform their catchy '60s pop-influenced songs at Starlight in Waterloo.

BUILDING A BUILDING



PHOTO BY JESSICA-LYNN TABAK

Fourth-year architectural project and facility management students were assigned a term-long project where they had to build a 3D, four-storey office building replica for their sustainable design class. The project above was designed by Laura Murray, Eric Darycott and Dan Stipolsek.

IT'S TIME TO GET CREATIVE



PHOTO BY MARCUS MATTHEW

At Trussler Farms Ltd. owner Stuart Trussler stands alongside his extra large pumpkins with his dogs Honey and Dexter on Oct. 18. With only a few days left until Halloween, it's not too late to buy a pumpkin and get carving. Trussler Farms is located at 1925 Huron Rd. in Kitchener.

JELL-O EATING CONTEST RESEMBLES SELF-INFLICTED FOOD FIGHT



First-year machining student Justin Schiek won the second-round of Jell-O eating despite getting gelatin up his nose.



Conestoga students competing in a Jell-O eating contest employed new tactics in an effort to finish their gelatin first, be named the fastest and claim a mystery prize. The event, held by Conestoga Students Inc., took place in the Sanctuary on Oct. 13.

PHOTOS BY ERIN FARRAR



College's artists have heart

By MANDY LIVERANCE

At Conestoga College there are hundreds of students with skills of all sorts. Despite the amount of talent that walks our hallways, it's not often we get a chance to show them off.

However, that all changed when Conestoga Students Inc. held an Art-A-Thon art auction a couple of weeks ago, which gave students the opportunity to paint and have their art auctioned off. They voluntarily participated knowing the money earned from bids would be given to worthy causes.

CSI matched the money raised from the auction dollar for dollar. Half the amount went to the United Way, with the other half going to student bursaries.

Tara Herriot, CSI's event

co-ordinator, said she tries to hold events that reach out to the different interests of students. As an artist herself, she wanted to give others an opportunity to express their passion for art at the school.

"I wanted to bring something to Conestoga that would get others aware of the talent that students have," Herriot said. "I was trying to figure out how to bring community and culture (into the school)."

Curry's Art Store donated supplies for the event, including canvases, paint brushes and paint. Each participant received supplies and was given two weeks to complete a painting to put up for auction.

Thirty students had signed up to participate, but due to the timing of the event and busy school schedules, about

half were able to enter their art for bids.

The artwork was set up on tables for display in the Atrium beginning the week of Oct. 4. Everyone could view the paintings and place bids, with minimum bids starting at \$15. The highest amount a piece sold for was \$105.

Along with the chance of showing off their talent, participants received an art-athon pin, a high quality picture of their painting, a letter of reference and a thank-you note.

Next year Herriot plans to hold the event again, but this time with a longer time limit for the artists to paint. She also wants to hold it earlier in the school year to avoid busy schedules, hopefully allowing more students to get involved.



PHOTO BY MANDY LIVERANCE

Paintings by Conestoga students were put on display to be auctioned off for charity. The artwork was set up in the Atrium the week of Oct. 4.

A mechanical melee

By CASSANDRA BOURGEOIS

Pieces of metal go whipping through the air, clanging off the bulletproof walls of the battle box. Two robots whiz toward each other and collide, shooting off enough sparks to celebrate a mini Canada Day. The spinning blades of one robot tear the metal casing from the other, leaving it a sparking mass of wires. This is what you would see in a robot combat tournament. The founders of Robots Kill, a new robot combat league in Kitchener, are working toward acquiring the resources to hold tournaments like this of their own.

Michael Kowalski, 31, Spencer Ferguson, 21, and Josh Eckert, 22, all have a passion for robots. They started Robots Kill after robot combat leagues in Ohio, New York and Saskatchewan shut down, leaving them with no tournaments to enter.

"I can't think of a better reason to start one than 'I want to compete,'" said Kowalski. He's been building robots for about 10 years, although he has never built one for combat. He got into it when he was in college for software engineering. There was only so much he could do looking at simulations on the computer and he wanted to apply his knowledge in a practical way.

"What better way to do it than to find something cool like this?" he said.

Ferguson started building robots when he was 15. He was inspired by a friend who went to Las Vegas to compete for the TV show Battlebots. Ferguson plans to help new league members learn how to build robots of their own. Eckert looks forward to being Ferguson's first student.

"I get to be the tester," he said. Eckert has been interested in robots since he was 13, but has so far been unable to get together the cash for parts. He has some designs

though, and with the start of the league hopes to finally be able to start building.

As the league comes together, Robots Kill hopes to acquire a workspace and tools of their own to give members a safe and controlled area in which to build and test their robots. Ferguson is currently building a 30-pound robot using only a hacksaw, a power drill, a circular saw and a hand-held rotary tool.

Most combat leagues in the past have held occasional three-day tournaments. The main problem with this format is that if your robot has a design flaw, you have no time to fix it and compete again.

"You can duct tape and epoxy it and try to make it work," said Kowalski. Robots Kill is planning to hold regular tournaments, every month or two, to give builders a chance to fix any flaws, without resorting to duct tape, and be able to compete again relatively soon.

The battles take place inside a bulletproof "battle box." Robots are equipped with weapons and are radio controlled by the builder.

"The entire point of the competition is to disable or destroy the other robot," said Kowalski. There are some limitations though. Most competitions abide by the Robot Fighting League rules, which are detailed in a 20-page rule book. According to the RFL, robots must not use liquids, magnets or projectiles. Anything the robot throws must be retractable. Competitions are also organized by weight class, starting with robots as small as one pound or less, with classes all the way up to 300 pounds for the super heavyweight. Battles last only three minutes, provided neither of the robots is knocked out before then. This is practical because the robots are run on batteries, which may last no longer than five minutes. If



PHOTO BY CASSANDRA BOURGEOIS

Spencer Ferguson, 21, from left, Michael Kowalski, 31, and Josh Eckert, 22, the founders of Robots Kill, started the robot combat league in September out of a shared passion for robots.

the battle does make it to the three-minute point, the winner is then decided by judges, based on damage done, hits landed and aggression.

The main difference for Robots Kill is that they hope to incorporate an autonomous division in their tournaments. Autonomous robots are robots that are not radio-controlled. They are programmed to find, fight and kill the other robot on their own. This makes them more dangerous than radio-controlled robots.

The battles, both autonomous and radio-controlled, are very dangerous for people. Professionals who compete for televised tournaments spend upwards of \$25,000 creating their combat robots, using mechanics originally intended for industrial or even military use.

"Take care when building," is Eckert's main piece of advice for people interested in the league.

"You could easily kill a person with these robots," said Kowalski.

Robots Kill feels that when

the word gets out about their league, it will generate a lot of interest, especially in the K-W area.

"I believe I can honestly say it's the technical hub of Ontario," said Kowalski. But the interest won't be coming only from Kitchener. Ferguson believes that people will come from all over Ontario, and even from farther away, when the league starts holding regular competitions.

"They're on forums all the time looking for the closest one," he said.

Robots Kill is welcoming members who have any interest in combat robots, even if they don't necessarily want to build one.

"We're looking for people who are going to help in every respect," said Kowalski. If you want to be involved, they'll find a job for you, and there will plenty to do. They'll be looking for someone to talk to insurance companies, take care of media relations, advertise and more. And even if you're not competing in the

battles, even watching them is worth your time.

"It's a lot of fun," said Ferguson. "It's awesome just to come and watch, when they collide and pieces and sparks go everywhere."

For more information about Robots Kill, or to contact them, go to www.robotskill.ca.



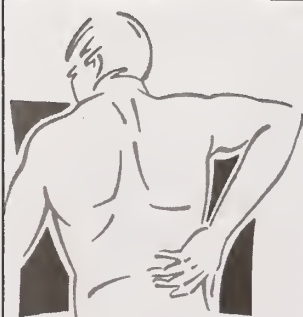
PHOTO SUBMITTED

Spencer Ferguson is currently building a 30-pound combat robot using only a hacksaw, a power drill, a circular saw and a hand-held rotary tool.



INTERNET PHOTO

Complete Control, a robot from the show Battlebots, is an example of what Robots Kill members hope to eventually have the resources to build.



ON-CAMPUS CHIROPRACTOR

Covered by CSI Health Plan

HEALTH SERVICES

748-5220 Ext. 3679

Life as we know it not as we knew it

New comedy offers audience more than mindless humour

By AMANDA BAINES

Sometimes you just don't feel like mindless laughter. If you're in the mood for a movie with substance, consider the new comedy drama *Life as We Know It*.

In the movie, when conservative business owner Holly Berenson met playboy Eric Messer, she realized they were not meant to be; but when their best friends got married, she resigned herself to the fact that Messer would be in her life for a long time.

When tragedy strikes, however, Berenson and Messer must come together under the same roof to care for their goddaughter, Sophie.

Although the movie was classified as a comedy, it held only a few laughable moments. But what it lacked in comedy, it made up for with excellent acting and a completely believable feel to the events.

Katherine Heigl and Josh Duhamel slid effortlessly into their roles, showing the love, fun and learning of raising a

Movie Review



child, and the pain and frustration that comes from both a child and the situation.

Though the supporting cast seemed like they were designed to be forgotten, one role will be remembered for a long time to come. Faizon Love nailed the typical Atlanta cab driver, and his reactions were hilarious when conflicting schedules left young Sophie without a sitter.

Life as We Know It contained a wonderful, rich plot, one that words cannot do justice.

I would not describe this film as a comedy, but as a drama. Nonetheless, it was more than worth the price of admission.

I give it five out of five stars.



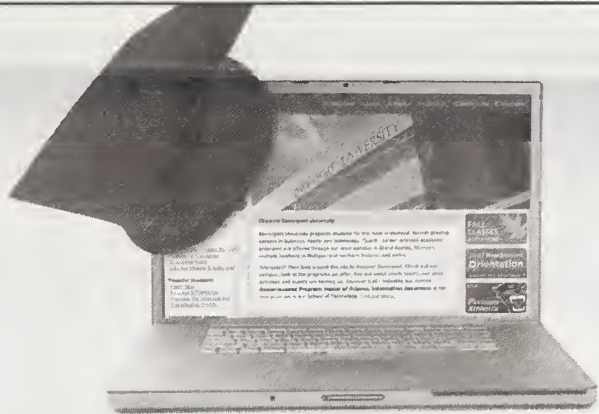
INTERNET PHOTO

Holly Berenson and Eric Messer (played by Katherine Heigl and Josh Duhamel) experience the topsy-turvy world that is parenthood, when their goddaughter Sophie lands in their care. *Life As We Know It* opened in theatres on Oct 8.

TRANSFERRING CAN BE EASY.



W.A. LETTINGA CAMPUS IN GRAND RAPIDS, MI



Complete your bachelor's degree with Davenport University.

Davenport University has developed degree completion partnerships that allow you to transfer credits toward a **bachelor's or master's degree**.

Due to generous transfer credits, many graduates with a three year diploma can complete a bachelor's degree with as few as 10 Davenport classes.

Benefits of an online degree:

- **NO VISAS** Earn your degree completely online.
- **24/7 AVAILABILITY** Take classes any time, work around scheduled commitments.
- **AFFORDABLE** Scholarships or partnership tuition rates are available.

www.davenport.edu/capartners
1-800-203-5323 partnerships@davenport.edu



'Dying art form' comes to life

'Tattooing people is better than any drug out there'



PHOTO BY JESSICA-LYNN TABAK

Devin Boutcher tattoos a man's neck at Matrix, a tattoo parlour in Bayfield Mall in Barrie, Ont.

By JESSICA-LYNN TABAK

"Although it's getting more popular, it's a dying art form, because the canvas we work on will one day die," said 21-year-old tattoo artist Devin Boutcher.

Originally from the small town of Keswick, Ont., Boutcher moved to Aurora halfway through high school where he continued his education at Cardinal Carter.

"All throughout high school I took art classes. I never really found it too much of a challenge," said Boutcher. "I think that's where I learned the most about art. High school teachers I find are the best; especially if they're young because they know how to shape young minds."

With his mother being an artist, she was a huge influence on him. When he showed interest in pursuing art in post-secondary school, she insisted he go to perfect his craft.

"I knew I had these skills in art, I just didn't know how I wanted to use them," he said.

Boutcher enrolled in Sheridan College's art fundamentals program. After coming home from a weekend of school, he was asked to work at a local shop, Primal

Instincts, in his hometown. Growing up there he was recognized for the artwork he had created.

"I started my apprenticeship in April 2008," said Boutcher. "At fist my parents didn't really approve. My mom kind of liked it a bit but they thought it was going to get in the way of my schooling. Once I explained to them that this would allow me to pay for college myself ... well, of course they were right on board."

Boutcher describes Primal Instincts as a sort of "biker-run" kind of shop.

"They did everything there in an old school way, from the way they dealt with customers to using all the pictures off the wall and not producing any real, substantial custom work," he said. "In fact, I joke about it saying I know what it's like to tattoo in the '80s because I worked at that shop." Boutcher left Primal Instincts to work at another shop in Bayfield Mall in Barrie, called Matrix, where there are no pictures on the walls and staff do primarily custom work. Customers walk in, ask for a tattoo and it is drawn up on the spot.

"It suits me more being able

to produce anything that people ask to get done, well, mostly," he said. Boutcher says he has a love affair with the "tattoo walk-in."

Lately he has been booked for at least four weeks at a time, which doesn't allow him any time for walk-ins.

"As of right now I sometimes draw my booked appointments on the spot because it gives me that fresh-in-my-mind feel. It also has a bit of a walk-in feel to it too," he said.

Over the years Boutcher has met many artists. One in particular, Crystal McDermont, opened his eyes to the real world of tattooing. McDermont had a traditional tattoo style, where everything is solidly done; full and heavy. This makes her tattoos, after they heal, look the same as they did when the customer left the shop. "With my style of art having a realism influence, healing tattoos perfectly and solid was something my skills lacked," he said.

"She also made me fall in love with line work; a crucial part of tattoos in order to make them last a lifetime. The way I see it now is if it's going to look like crap in 10 years, what's the point in doing it?" he said. Line work is the outline of a tattoo. By thickening the blackness in the tattoo, it makes the tattoo last longer, as black is the hardest hue to fade.

In June, Boutcher went to his first tattoo convention where his perception of tattooing changed forever. "I felt at home walking up and down the aisles of the convention, watching all the artists at work. I didn't hold myself back from asking all the questions I needed to know. After asking questions that I'm sure they also once asked someone, they looked at me as an equal, I hoped. I was there for an entire weekend and by the end of it, when I walked around to most booths, they recognized me as the kid or person with a thirst for tattooing knowledge."

"If tattoos are addictive, tattooing people is better than any drug out there — it's a rush like no other," Boutcher said. "Doing something that will last a lifetime just has something unexplainable about it. That is what drives every good tattooist to eat, sleep, and breathe it. Tattooing is now an everlasting goal for me to have fulfillment in life."

Conestoga supports United Way

Check out all of these awesome fundraisers in the Student Life Centre each day.

MON

TUES

WED

THURS

FRI

OCTOBER

Paper Plane Toss
Compete in our Paper Airplane Competition!

11am - 1pm

Hosted by
United Way
Student Committee

Crazy Carnival
Fun and exciting carnival games!

12pm - 1pm

Hosted by
Business Foundations
Program

United Way Casino
Beat the Dealer!
Plinko! Much more!

12pm - 1pm

Hosted by
Business Foundations
Program

You Like To Party?
Root Beer Pong!
Flip Cup!
Show just how Conestoga likes to party!

12pm - 1pm

Hosted by
Business Foundations
Program

NOVEMBER

Conestoga Gamers Fundraiser
Show support to our CSI Gamers Club!

11am - 1pm

Hosted by
Conestoga
Gamers Club

Committee Fundraiser!
Fun and exciting carnival games!

11am - 1pm

Hosted by
United Way Student
Committee

Class Fundraiser!
Drop by to show support to the HSF Program as they support United Way

12pm - 1pm

Hosted by
Human Services
Foundations Program

Class Fundraiser!
Drop by to show support to the HSF Program as they support United Way

12pm - 1pm

Hosted by
Human Services
Foundations Program

Class Fundraiser!
Drop by to show support to the HSF Program as they support United Way

12pm - 1pm

Hosted by
Human Services
Foundations Program



CONESTOGA
Connect Life and Learning

GIVE. BELIEVE. VOLUNTEER.
LIVE UNITED.



Student Life
Shape your experience

PROPER ID REQUIRED, CONESTOGA STUDENTS MUST BRING STUDENT I.D.
DOORS OPEN AT 8:00PM \$10 IN ADVANCE, \$12 AT THE DOOR, LIMITED TICKETS
PURCHASE TICKETS IN THE CSI SELF SERVE AREA, ROOM 2A108

CONESTOGA
STUDENTS INC

TONY LEE XXX HYPNOTIST

TUESDAY
OCTOBER 26

PARENTAL
ADVISORY
EXPLICIT CONTENT

18+

WOMEN

Aud renovations proposed

By KATHRYN SCHNARR

For those native to the area, the Kitchener Memorial Auditorium has become a familiar and recognizable establishment. It is safe to say that almost everyone has attended, or heard of, one of the many events that have taken place there.

It has hosted a variety of concerts, tournaments and, of course, Kitchener Ranger games. This year, the team has pitched a multimillion-dollar expansion plan to the city to modernize the 50-year-old Dom Cardillo arena.

"I think it's a great idea," said Adam Mawer, a general arts and science student. "Through expanding the Aud, the Rangers will increase their profits and can work towards becoming a better team. Plus, it's more room for families to come and enjoy the game together."

The proposal suggests that the roof be heightened to cre-

ate an upper bowl, allowing for at least 3,000 more seats. Currently, the complex seats about 5,000 people. However, due to a high demand for season tickets, the Rangers think that this expansion is necessary to please their fans. "The renovations would also include a Kitchener Rangers Hall of Fame and retail opportunities," said Steve Bienkowski, chief operating officer of the Kitchener Rangers.

According to 570News, the pitch proposed a new arena be constructed as a tribute to the Rangers. However, this could cost up to \$150 million. The city council and the team have come to an agreement, that if the expansion were to be approved, it would simply be a re-vamping of the current arena.

"I've been coming to the Aud for years," said Duane Wheeler, a season ticket holder and avid Ranger fan.

"I think it's a good idea. I think that it (renovating) is good for the community to spend time together and bring people out."

Although the proposal has been briefly brought to the table, it will not be until after the fall election that it will be fully investigated. Renovations could cost up to \$44 million.

“

I think that a remodel of the old building would save a lot of money. It needs to be revamped.

— Duane Wheeler

”

If approved, renovations will not start on the East Avenue building until May 2012. "We are very excited about these plans," said Bienkowski.

Maple Leafs will make playoffs

You either love them or you love to hate them.

The Toronto Maple Leafs, many people cringe when they hear that name. Others, like me, are filled with excitement and passion for the team.

After several years of failure, embarrassment and anger, the Leafs finally look like they're turning things around. From what I've seen so far in the pre-season and through the first four games of the regular season, I can tell you one thing, Toronto will make the playoffs this year.

All those Leaf haters out there are probably laughing hysterically as they read this, thinking that come post-season time, the blue and white will be enjoying a few cold beers, maybe a couple hot wings and, of course, a few rounds of golf.

Both the franchise and their fans are sick and tired of losing and being on the outside looking in. If you've watched them play, you would know this a completely different team than in recent years.

Speed, grit and motivation. Last season none of this was evident as the team lacked all these factors, not to mention overall talent. This year, they're playing with all that plus tremendous heart and hustle. Over the last few years Leafs general manager Brian Burke has done a



**Markus
Matthew
Opinion**

great job of putting his mark on the team. He's brought in a new coaching staff, management as well as key players.

Burke's teams usually consist of strong defence, physical gritty players and fighters ready to drop the gloves at any given moment.

After starting 4-0 the Leafs are certainly flexing their muscle. Four games into the season and forwards Mike Brown and the goon Colton Orr have two fights apiece (tied for the league lead). At the beginning of the season many knew the Leafs would be a physical team that wouldn't get pushed around. But come on, it's the Leafs, notorious for choking and consistently blowing third period leads.

In their home opener, the Leafs almost blew the game versus the Montreal Canadiens. However, goalie Jean-Sebastien Giguere stole the show and made two critical saves with under a minute left.

After blowing out a struggling Ottawa Senators team the Leafs came from behind and beat the Pittsburgh

Penguins 4-3. The Leafs faltered a bit on Oct. 15 versus the New York Rangers as they blew a two-goal lead in the third period; Leafs fans are well familiar with this. However, instead of throwing in the towel, Toronto persevered as Kessel netted the overtime winner.

The key in the first four games has been secondary scoring from Cambridge native Tim Brent and former Buffalo Sabre Clarke MacArthur. In addition, the Leafs have gotten something they haven't had in past years, strong goaltending.

In recent seasons the Leafs haven't had good goaltending. After experimenting with Vesa Toskala, Justin Pogge, Scott Clemmensen, Andrew Raycroft and a few others, the Leafs finally seem to have a good two-headed monster with Giguere and Swedish superstar Jonas Gustavsson.

Ranking second, behind Montreal, the Toronto franchise has won a total of 13 Stanley Cups. After several years of rebuilding under new management, the team hopes they can make it 14 this year.

I'm not saying the Leafs will win it all this season. However, I do think if head coach Ron Wilson keeps his team focused and gets them to continue to play smart hockey, Toronto will crack a playoff spot in the Eastern conference.



HOROSCOPE

Week of October 25, 2010



Aries

March 21 -
April 19

Be sure to pick up a costume this week. You'll find it useful when you get dragged into a bank robbery.



Libra

September 23 -
October 22

You will spend this week watching reruns of Are You Afraid of the Dark. This will be the highlight of your week. Sorry.



Taurus

April 20 - May 20

You will be haunted by a friendly ghost who makes himself at home. You'll wish he was gone by week 2.



Scorpio

October 23 -
November 21

Do you remember that time years ago you dressed up as a Care Bear? Prepare that costume. No, not for Halloween. Just trust me.



Gemini

May 21 - June 21

Goblins will raid your candy sack this week, but it's alright. You didn't need the candy anyways.



Sagittarius

November 22 -
December 21

Every house you visit while trick or treating will actually demand a trick. No, seriously, they're asking for it. Be creative!



Cancer

June 22 - July 22

You're going to find that every costume you see on Halloween is made up of nothing but boxes. This should probably confuse you.



Capricorn

December 22 -
January 19

Dressing up as yourself is not actually genius post-modern meta-commentary on the nature of Halloween. It's just lazy.



Leo

July 23 - August
22

Halloween will bring an attack by a cowardly lion. Be prepared. Carry a firecracker. He'll never know what hit him.



Aquarius

January 20 -
February 18

Your plan to dress up as Mr. Dressup, however, is genius. Definitely go for it. Puppets are mandatory.



Virgo

August 23 -
September 22

A small child in a red devil costume will offer you anything you want so long as you sign a contract. Take him up on it!



Pisces

February 19 -
March 20

Be sure to pack an extra sandwich before you head out. You're going to get lost somewhere on Erb Street, and it's going to be a while before you are rescued.



Paul Irvine carefully examines the stars and then ignores them for your amusement.

Conestoga no match for Mohawk

By **BRANDON REOCH**

Perfect rugby weather didn't make it the perfect game for Conestoga.

Entering the match on Oct. 16 with a division last 1-4 record, missing their head coach Joel Hussey along with a couple of star players and playing first-place division rival Mohawk College, the Condors had their wings full. "We had a distinct disadvantage against Mohawk this week. They had more experience and were coming off a huge win at our expense last week," said assistant coach Jake Vandyk.

Stepping onto the pitch at Mohawk Sports Field with a 5-0 record, Mohawk expected nothing less than a win. Two weeks ago Mohawk visited Conestoga and racked up a monstrous 70 points. It was déjà vu.

"As the game began Mohawk started just where they left off (from last week), rolling the ball down the field with ball control and heavy running, jumping out to an early lead," said Vandyk.

Mohawk scored early and

often and got off to a 45-0 lead.

The game didn't have all the scoring as the previous matchup but the big hits and intensity were the same.

“

I felt Mohawk did not play its best. Too many unforced errors and turnovers.

– Mohawk head coach Alex Paris

”

Condor players Cale Meesters, Tyler Kuglien, Rob Finch, Kyle O'Neil and Stefan Regalla played a great game for Conestoga even though the score was one-sided. The blowout score didn't show the theme of this game which was turnovers and missed opportunities.

"I felt Mohawk did not play its best. Too many unforced errors and turnovers," said Mohawk College head coach Alex Paris.

Those errors didn't change coach Vandyk's mind about



Kyle O'Neil walks off the pitch at Mohawk Sports Field after the Condors' disappointing loss to the Mountaineers on Oct. 18. Conestoga was defeated 45-12.

PHOTO BY BRANDON REOCH

the undefeated Mohawk team.

"I'd say that even though Mohawk is not as good as we made them look at times, they are still the top team in the OCAA this year, and I expect them to repeat as champions," he said.

Cale Meesters led a young

but talented Conestoga team with nine points and Shane Edwards chipped in with five. Though the game was dominated by Mohawk, coach Paris was quick to compliment Conestoga.

Conestoga is a very talented and disciplined team. You

cannot make mistakes or slow down the pace as they will take advantage of your mistakes," he said.

Conestoga will take on Fleming Peterborough this week in hopes of making their last regular season game a win.

Fantasy football is better than sliced bread

By **RYAN YOUNG**

Five years ago you may have thought fantasy football involved a group of middle-aged men gathered in one of their parent's basements with bowls of Cheetos and entirely too much time on their hands. In reality, it's the best thing to ever happen for sports fans.

Fantasy football has become the ultimate proving ground for people who consider themselves knowledgeable about pro sports.

No longer do arguments with friends over which player is going to have the breakout year, which defence will be the meanest or who will be suspended for breaking which law, go undetermined. They are decided in online fantasy leagues where you draft and manage a team of individual NFL players and compete against your friends.

All sports fans have caught themselves questioning professional general managers. "What was he thinking?" is the common phrase heard from couches everywhere after a questionable decision. Fantasy football allows us to step into their shoes and

assemble a team of our own.

If you think Facebook is addicting try to stay updated with a 16-man football roster.

Injuries, suspensions, trades, matchups and bye weeks are constantly changing and command daily attention to stay ahead of the competition. To be honest, I've already checked my roster twice since I began writing this and it's still four days until game day.

The explosion of fantasy football has changed the way we watch games. Brett Favre didn't return to the Minnesota Vikings this year, he came back to start for the "Pack Attack" of my friend who just can't let the 41-year-old former Packer out of his heart. Ryan Matthews wasn't a San Diego Chargers first-round draft pick; he was taken in the third round by my buddy from down the street for his team "No Punt Intended." Never has each individual player had such a unique connection to every fan.

I frightened my mother last Sunday when I started shouting and fist pumping after watching a completed field goal in the fourth quar-

ter of a 41-10 game. A brief conversation ensued as I tried explaining the significance of the three points the kicker just made for my fantasy team. She came to the conclusion that I'm insane.

Whether you call it insanity, passion, addiction or competitiveness, fantasy football is here to stay. NFL broadcasts have embraced the change and encourage fans to become interactively involved in the games we watch. There is no such thing as a scoring update anymore, only "fantasy updates." Tickers along the bottom of the television screen update player stats from around the league within seconds of a play's conclusion. Preview shows and Internet analysts provide "insider tips" to give fantasy managers every advantage they can get.

The beauty of fantasy football is that we don't have to play for money; bragging rights over our friends should suffice. We could all gamble on games to try to make a quick buck, but I'd rather stick to having the opportunity to do a victory dance in front of my friends.

Or fist pump in front of mom.

Extramural hockey teams finally hit the ice

By **COURTNEY NIXON**

Conestoga's men's and women's ice hockey extramural teams have hit the ice.

The women's hockey tryouts started on Oct. 5 with a good number of women showing up.

"Ice time will reflect on their commitment and effort," said Brandon Coyle, coach of the team.

"This is a competitive team and we are in it to win it."

Coyle is in his second year of police foundations and previously was in mechanical engineering robotics and automation for two years.

He has been an active hockey player on Conestoga's men's hockey team for three years, hoping to make this year his fourth.

"I love hockey. Hockey is the one thing that I have always done with great intensity and passion. I decided to coach hockey because I have played it my whole life and I feel I have experience and valuable knowledge," said Coyle.

Last year the women's hockey team did well, winning their tournament they hosted.

"I am hoping to win two or three tournaments this year and have a lot of fun in the

process. With the talent and attitude of the girls this year I think that is an obtainable goal," said Coyle.

The girls' hockey team starts their season off in November and practise every Tuesday.

"All of our girls have played a high level of women's hockey and a lot of them have a winning attitude," said Coyle, adding the two together should be a winning combination.

CLASSIFIED

Tutoring

Private tutoring in math by recently retired professor with PhD and 38 years teaching. Most undergrad courses, including precalculus, first and second year calculus, statistics, matrix and linear algebra, discrete and financial mathematics, etc., plus statistics from other departments or business mathematics. Resident in Kitchener. Inquire: dlgrant1946@gmail.com

CONESTOGA
STUDENTS INC



HALLOWEEN BASH

THURSDAY
OCT. 28TH

WHEN: 9:00 PM - 1:00 AM
WHERE: SANCTUARY

\$3.00

BUY TICKETS IN THE
CSI SELF SERVE AREA,
ROOM 2A108

GARANTEED ENTRANCE BEFORE
11PM FOR TICKET HOLDERS,
AFTER WHICH TICKETS MAY BE
BOUGHT AT THE DOORS

ALL AGES FOR CONESTOGA STUDENTS ONLY (SUBJECT TO CSI POLICY) CONESTOGA STUDENTS MUST SHOW STUDENT CARD
PROOF OF AGE OF MAJORITY REQUIRED ALL CSI LICENSED EVENTS ARE SUBJECT TO SMART SERVE REGULATIONS.
SEARCH BEFORE ADMITTANCE AND NO RE-ENTRY POLICIES IN EFFECT. NO OUTSIDE FOOD OR DRINK ALLOWED.